

# Sagamore West Farmers Market

Volume 2, Issue 1

May 6, 2009

## West Side Wednesdays

### Market News:

- The Market is open every Wednesday, May through October.
- Sales start at 3:00 and must be concluded by 6:30.
- We have numerous produce vendors, most all-natural, featuring fruits and vegetables grown locally, as well as craft vendors.

### About the Staff:

Kathleen Mills: Market Coordinator and Grant Coordinator

Ed Yeoman: Logistics Volunteer

Amy French: Newsletter Volunteer

Chris Campbell: Volunteer

Cheryl Kolb: City Representative

Chandler Poole: City Representative

Sandy Smith: Vendor Representative

Janet Broyles: Treasurer

Rachel Witt, Susan Gerard, Robin Pickett: Go Greener Commission Representatives

### Vendor Profile: Sandy Smith

Sandy Smith has been making her wonderful brittle for 30 years and selling it for almost three. Sandy's Peanut Brittle joined the farmers market in 2008 and this year Sandy will be the vendor representative on the market's advisory council.

Sandy's Peanut Brittle has been praised by many as the best they've ever had. She cuts no corners, uses only quality ingredients and makes each batch herself in a commercial kitchen. Sandy also contributes a percentage of sales to the local YWCA.



In 1975, Sandy moved to Lafayette from Plainfield, IN when her husband, Mike, began his teaching career. They have two sons, Christopher and Stephen.

her candy makes it all worthwhile. So stop by the market and see if Sandy can put a smile on your face!

In addition to running her own business, Sandy also works as a Relocation Director for a local real estate firm, but her heart lies with her peanut brittle. She says the joy on peoples faces when they taste



### Early Spring Produce

We are so excited for the opening of the market and hope you are too! While harvest season may be months away, our vendors have been busy getting things ready. Among the earliest offerings will be:

- Spring Onions
- Radishes
- Fresh Herbs: especially potted herbs for use all season
- Lettuce: including green leaf, romaine, spring mix and others
- Baby beets
- Fair Oaks cheese
- Local honey
- Local popcorn
- All natural meats and eggs





*"If you haven't been to the farmers market, you don't realize what you're missing! I look forward to Wednesdays when I can buy the freshest fruits and vegetables!"*  
— Market Shopper



## Farmer's Market Recipes: Early Herbed Risotto

1 onion, finely diced  
1 clove garlic minced  
1 T olive oil  
2 carrots cut small dice  
4-5 asparagus spears, diced  
1/2 cup sugar snap peas  
1 cup Arborio rice  
1/2 cup drier white wine  
2 cups vegetable stock, warm  
1 T butter  
3 T fresh minced herbs  
1/4 cup grated parmesan  
1/2 lemon, juiced  
Salt and pepper to taste

Sautee the onion and garlic in olive oil for about 3 minutes. Add the carrot, broccoli, asparagus and peas and sautee

another minute. Add the rice and sautee for another 2 minutes. Gradually add the wine, stirring, until it is almost absorbed. Gradually add the stock, about 1/2 cup at a time, letting each addition absorb into the rice before adding more. The whole process should take about 15- 20 minutes.

When all the stock has been added, taste rice for tenderness and seasoning. Add more water if still too crunchy or salt and pepper if needed. Remove rice from heat and stir in butter, herbs, parmesan cheese and lemon juice.

Let sit, covered for 3-5 minutes. Serve with garlic croutons.



## About the Go Greener Commission

The **Go Greener Commission** began as a grassroots volunteer group; last year the City of West Lafayette made it an official city organization. Diane Damico is the chair of the Go Greener Commission and Chandler Poole is the staff liaison. Anyone can join the Commission (contact Diane Damico at [dianedamico@mac.com](mailto:dianedamico@mac.com) or 418-1223 for info).

Their mission statement reads: "The West Lafayette Go Greener Commission promotes environmental health in our community for present and future generations. The commission gathers and disseminates information; plans and promotes practical initiatives and public policies; and measures, monitors, and reports on our community's progress on sustainability."

The Commission will be working with the market this year to promote environmental awareness and encourage green practices throughout the area. One way they will be doing this is through battery recycling weekly at the market. They will also offer a bike safety seminar, re-purposing ideas and a pharmaceutical recycling day at the market this year..

## Staying "Lean and Green"

The Sagamore West Farmers Market will be focusing on staying "lean and green" again in 2009. The Go Greener Commission joins us in this endeavor and we invite you to join as well.

We will be offering reusable canvas bags for your shopping convenience again this year. Check in at the market's information booth to register.

After you check-in three times, the bag is yours for free.

We will also be hosting special events during the market. Some of the upcoming topics include:

**May 6th:** Planting an Herb Garden (Bloomer's Greenhouse) and Wine Tasting (Whyte Horse Winery)

**May 13th:** The Bloodmobile will be at the market for your donation convenience

**May 20th:** Grilling Demonstration (Amy French) and Go Greener Commission "Ride your Bike to Market"

**May 27th:** NICHES will be giving away native Indiana plants.